

Vista

Bio-Psychosocial Rehabilitation Programs (BPSR)

550 Vista Way, Suite 407

Vista, CA 92083

760-758-1092

<http://www.mhsinc.org/bpsr-vista-clinic>

BPSR Vista Clinic serves adults, including Transitional Age Youth (TAY), living with a serious and persistent psychiatric illness. Our clients are required to meet the following criteria:

- They live in the cities of Vista or San Marcos.
- They are Medi-Cal and/or Medicare insured or have no insurance.

Services Offered

- Medication Clinics
- Therapy Programs

Exodus Recovery Mental Health Walk-In Assessment Center

Program Director: Cynthia Halpin Brown, LCSW

524 West Vista Way

Vista, CA 92803

760-758-1150

http://exodusrecoveryinc.com/San_Diego_Vista.html

Hours: Monday through Friday 11:00 a.m. to 6:30 p.m.

The Mental Health Walk-In Assessment Center (WIAC) serves adults and older adults within the ages of 18-65 who are experiencing a mental health crisis or urgent need for mental health services. The WIAC is a County of San Diego Mental Health contracted program. The WIAC is funded through the Mental Health Services Act. Therefore, services will be targeted to individuals with Medi-Cal and those who are medically indigent.

Services Offered

- Assessment
- Crisis intervention
- Medication evaluation
- Trauma and substance abuse assessment and referrals
- Short-term case management
- Linkage to community resources

Lifeline Community Services

200 Michigan Ave.

Vista, CA 92084

760-726-4900

<http://nclifeline.org/>

Non-profit social service organization helping youth, families and individuals in North County.

Lifepoint Counseling Center

973 Vale Terrace, Suite 206
Vista, CA
760-726-7016

Direct lines:

Rita Campbell: 619-526-7110
Carole Dillon: 760-500-9839
Judy Liu: 760-630-6086
Diane Oakes: 760-525-6076

Palomar Family Counseling Services--Ellen Drysdale (Intake Coordinator)

945 Vale Terrace
Vista, CA
760-630-3505

<http://palomarfamilycounseling.com/index.html>

*****Sliding Scale fees**

Confidential Setting consultations:

- Mental health assessment and treatment services
- Counseling services
- Child youth and family community site-based outreach services
- Early childhood programs
- Prevention programs
- Court ordered treatment services

Vista Community Clinic

<http://www.vistacommunityclinic.org/>

Vale Terrace Clinic:

Dental Clinic, Family Medicine, Pediatrics, Wellness Clinic, and Women's Center
1000 Vale Terrace
Vista, CA
760-631-5220

Vale Terrace Hours:

Monday-Thursday: Clinic, 9 a.m. to 8 p.m.; Pharmacy, 9 a.m. to 6 p.m.

Friday: Clinic, 9 a.m. to 5 p.m.; Pharmacy, 9 a.m. to 5:30 p.m. (closed for lunch 1-1:30 p.m.)

Saturday: Clinic, 9 a.m. to 4 p.m. (hours vary by department); Pharmacy, 9 a.m. to 5 p.m. (closed for lunch 1-1:30 p.m.)

Grapevine Clinic

134 Grapevine Road
Vista CA 92083
760-631-5000

Grapevine Hours:

Monday, Wednesday, Thursday and Friday: 8 a.m. to 5 p.m.

Tuesday: 10:30 a.m. to 7:30 p.m

Oceanside

Casa Pacifica-Mary Wheeler (Director), Ginger Wotzka (Assistant Director)

321 Cassidy Street
Oceanside, CA 92054
760-721-2171

<http://www.comresearch.org/serviceDetails.php?id=Mjg=>

Casa Pacifica is a Transitional Residential Full Service Partnership program designed to provide comprehensive, psychosocial rehabilitation and recovery for voluntary adults with chronic and persistent mental illness and dual diagnosis. The program provides a schedule of daily classes to promote recovery and independent living. Services also include Case Management for the Public Conservator's Office, payeeship, individual therapy, medication support, psychiatry, vocational services, and peer support. Clients are welcomed into a warm, homelike atmosphere where emphasis is placed on identifying individual motivating factors and goals toward recovery.

Turning Point-Tara Bogs (Program Director), Holly McNerney (Assistant Director)

1738 South Tremont Street
Oceanside, CA 92054
760-439-2800

<http://www.comresearch.org/serviceDetails.php?id=MjU=>

The START programs (also referred to as crisis residential programs) offer an alternative to hospitalization for the person who is suffering a psychiatric crisis of such magnitude so as not to be manageable on an outpatient basis. They are designed to be community-based, homelike environments which specialize in the psychosocial rehabilitation of each individual who comes through the door. They range in size from eleven to sixteen beds and are staffed 24 hours a day by Masters-prepared mental health professionals.

North Coastal Mental Health Center

1701 Mission Avenue
Oceanside, CA 92058
760-967-4475

<http://www.mhsinc.org/north-coastal-mental-health-center>

Program participants must be at least 18 years of age, have a psychiatric diagnosis and meet financial criteria. Services provided are: psychosocial assessment, psychiatric assessment, psychotropic medication management, limited individual counseling, group therapy, homeless outreach, case management and transition age youth services. A sliding fee scale is used for non-Medi-Cal clients. No client is refused services because of an inability to pay.

Lifeline Community Services

707 Oceanside Boulevard
Oceanside, CA 92054
760-757-0118

<http://nclifeline.org/>

Non-profit social service organization helping youth, families and individuals in North County.

Encinitas

Community Resource Center

650 Second Street

Encinitas, CA 92024

760-753-1156

<http://www.crcncc.org/aboutus.html>

What We Provide:

Comprehensive Domestic Violence Services: **Domestic Violence Program Manager** – Rebecca Hartstrom

Phone: (760) 753-8300, ext. 1317

Email: rhartstrom@crcncc.org

- Carol's House, a 24-bed emergency shelter
- Transitional Housing
- Case Management & Counseling
- Legal Assistance
- Life Skills Classes
- Therapeutic Children's Center

Social Services: **Social Services Program Manager** - Esmeralda Ohlmeier

(760) 753-8300, ext. 1380

Email: eohlmeier@crcncc.org

- Comprehensive Food Programs
- Emergency Food Distribution
- Food Stamp Enrollment Assistance
- Emergency Shelter Assistance
- Affordable Housing Referrals
- Case Management
- Employment Preparation
- Financial Literacy Training
- Infant and Toddlers Program

North Coast Counseling Center

826 2nd Street

Encinitas, CA 92024

760-436-1883

Escondido

Center for Compassionate Care of The Elizabeth Hospice, Inc.

930 Canterbury Place

Escondido CA 92025

(760) 737-2050

(800) 797-2050

<http://cccforhope.org/>

Hope can be regained at The Center for Compassionate Care. Here you'll find the support, resources, guidance and connections that will empower you to find your way back to living more fully. Whether your journey is one of illness or grief, we understand the challenges you face and offer solutions that work on your terms, your way. Let us show you the way.

Exodus Recovery Mental Health Walk-In Assessment Center

Program Director: Cynthia Halpin Brown, LCSW

66 E. Grand Avenue

Escondido, CA 92025

760-796-7760

http://exodusrecoveryinc.com/San_Diego_Escondido.html

Hours: Monday through Friday 11:00 a.m. to 6:30 p.m.

The Mental Health Walk-In Assessment Center (WIAC) serves adults and older adults within the ages of 18-65 who are experiencing a mental health crisis or urgent need for mental health services. The WIAC is a County of San Diego Mental Health contracted program. The WIAC is funded through the Mental Health Services Act. Therefore, services will be targeted to individuals with Medi-Cal and those who are medically indigent.

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Neighborhood Healthcare

460 N. Elm St

Escondido, CA 92025

Tel: (760) 520-8100

<http://www.nhcare.org/>

Services: All ages, Pediatrics, Primary, Preventive and Urgent Health Care.

Hours: Mon-Wed 8 am to 8 pm, Thurs-Fri 8 am to 5 pm, Sat 8 am to 2 pm

Neighborhood Healthcare-Ray M. Dickinson Wellness Center

425 N. Date St.

Escondido, CA 92025

(760) 520-8300

<http://www.nhcare.org/>

Hours: Mon-Fri 8 am to 6:30 pm, Sat 8 am to 2 pm

Services: Healthy Families/Medi-Cal Application Assistance, CMS, Dental, Community Health, Behavioral Health, HIV Testing/ Counseling and Administration

Neighborhood Healthcare-Women's Center

215 S. Hickory St., Ste 212, Escondido, CA 92025

(760) 737-6900

<http://www.nhcare.org/>

Services: Women's Health, Family Planning and Teen Clinic.

Hours: Mon-Fri 8 am to 5 pm

North Inland Mental Health Center

125 W. Mission Avenue, Ste. 103

Escondido, CA 92025

(760) 747-3424 Email: lrichardson@mhsinc.org

<http://www.mhsinc.org/north-inland-mental-health-center>

Services Offered:

Case Management

Medication Clinics

Therapy Programs

Program participants must be at least 18 years of age, have a psychiatric diagnosis and meet financial criteria. Services provided are: psychosocial assessment, psychiatric assessment, psychotropic medication management, limited individual counseling, group therapy, homeless outreach, case management and transition age youth services. A sliding fee scale is used for non-Medi-Cal clients. No client is refused services because of an inability to pay.

Palomar Family Counseling Services-Ellen Drysdale (Intake Coordinator)

1002 E. Grand Avenue

Escondido, CA 92025

760-630-3505

<http://palomarfamilycounseling.com/index.html>

*****Sliding Scale fees**

Confidential Setting consultations:

- Mental health assessment and treatment services
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- Early childhood programs
- Prevention programs
- Court ordered treatment services

Psychiatric Centers of San Diego

221 West Crest Street, Suite 102

Escondido, CA 92025

(760) 489-4930

<https://www.psychiatriccenters.com/>

Psychiatrists:

Eric Drimmer, M.D.

Marina Katz, M.D.

Psychologists and Therapists:

Nancy Auger, Ph.D., Vicky Bernhard, MFT, Lynda Brooks, Ph.D., Toni Ann Cafaro, Ph.D., Vincent Camarda, Ph.D., MFT, Christi Chaffee, MFT, Vickie Dowling, Psy.D., CGP, Mary Jo Georgiev, Ph.D., Lisa Klise, MFT, Kari Pearman, MFT

Services:

- Clinical Services
- Group Therapy
- Hospitals
- Insurance Billing
- Languages
- Managed care
- Patient Education
- PCSD Education
- Presentations
- Primary Care

The Elizabeth Hospice, Inc.

150 West Crest Street

Escondido CA 92025

(760) 737-2050

<http://elizabethhospice.org/>

Our care is patient-focused. Meaning completely focused on your loved one as an individual. So we'll begin by asking: "What do you want?" We'll encourage you and your loved one to think and talk about personal choices on how to live. We'll completely tailor our care to support those goals and wishes. We'll ask you and your loved one to enter a unique partnership with us. With your guidance, we'll create a plan of care that works for you and your family.

Our supportive caregiving team includes:

- physicians uniquely trained in hospice care
- nurses expertly trained in pain control and symptom management
- hospice aides who assist with personal care
- social workers for assistance to resources
- spiritual counselors for support
- volunteers for friendly visits
- and many others whose skills and commitment combine to provide a complete 24 hour support system to you and your family.

But above all else our care is about helping your loved one live more fully by increasing the quality of the time left. We'll help your loved one focus, not on their illness, but on living and on embracing the very experiences that bring them meaning and joy.

San Marcos

North County Health Services

150 Valpreda Road
San Marcos, CA 92069
(760) 736-6767

<http://www.nchs-health.org/?q=node/71&phpMyAdmin=a60c3f2cc9e2d8327134cb5ad683e2bc>

Medical Hours

Mon-Fri: 8am to 6pm
Sat (Peds only): 8am to 5pm

Dental Hours

Mon,Wed,Thurs,Fri 8am to 5pm
Tues 8am to 6pm
Closed daily 12:30pm to 1:30pm
Sat 8am to 2pm

Ob/Gyn Hours

Mon-Fri 8am to 5pm